



Fort Riley Middle School opens gridiron season

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Fort Riley Post

Annual collections campaign begins on post

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Friday, September 10, 2004

America's Warfighting Center

Vol. 47, No. 36

Ceremony to recall 9/11

A Patriot Day observance is planned as part of the daily Retreat ceremony at Fort Riley. The ceremony will begin at 3:30 p.m., Sept. 10 at Ware Parade Field in remembrance of the Sept. 11, 2001, attacks.

Around The Army

Europe:

The European Stars and Stripes reported Sept. 9 that the European Command was responding to requests for assistance in the wake of the school hostage and bombing incident in Russia. Thirty-six hours after the command's logistics directorate got the call for help, two planes loaded with medical supplies took off to Russia from Germany for victims of what some call Russia's 9/11. The supplies — medicine and equipment to treat burn and trauma victims — were needed after suspected Chechen rebels apparently herded students and faculty into a bomb-rigged gymnasium on Sept. 1. The gym exploded on Friday after Russian troops entered the building.

For more about this story and other U.S. military news in the European and Pacific theaters, visit www.estripes.com on the Web.

Fort Knox:

Inside the Turret reported Sept. 9 that recent stories in area newspapers hinted that the post's efforts to post large new anti-trespassing signs along waterways inside its borders is really an effort to bolster post security.

Posting the signs is actually an accelerated effort to warn people about the dangers of being maimed or killed while boating or fishing on off-limits areas of the Salt and Rolling Fork rivers, post officials explained.

The rivers flow directly through the impact areas of the post's many firing ranges. Not only is live ammunition fired over those ranges, the range manager pointed out, but also the areas are saturated with unexploded ordnance of various types.

No one has been hurt on the rivers, but that's primarily due to vigilance on the part of the post and luck on the part of trespassers, the range manager said.

For more on this story and other Fort Knox news, visit www.thewhitehouse.com on the Web.

Fort Eustis:

The Wheel reported Sept. 3 that Fort Eustis and Fort Story conducted a crisis management exercise Aug. 25 in the 1500 block of Fort Eustis. The exercise consisted of simulated scenes involving terrorists, hostages, bomb threats and a chemical, biological, radiological, nuclear explosive.

The exercise facilitated identification of critical equipment and personnel shortages, determination of resource requirements to overcome the shortages and documentation and implementation of interior guard forces equipment and procedures.

For more about this story and other Fort Eustis news, visit www.militarynews.com/wheel/ on the Web.

Test program protects troops

Lab ensures Soldiers in Iraq, elsewhere eat safe food, drinking water

By Donna Miles

AFPS

FORT SAM HOUSTON, Texas — Napoleon Bonaparte first noted that an Army moves on its stomach. But that Army isn't likely to do much moving —

except maybe to the latrine or hospital or worse — if its chow happens to be infected with salmonella or E. coli or another food- or water-borne bacteria or pathogen.

Ensuring that doesn't happen is the job of the Defense Department's Veterinary Food Analysis

and Diagnostic Laboratory at Fort Sam Houston.

The lab analyzes food bound for troops in Iraq, Afghanistan and elsewhere around the world, as well as military dining facilities, commissaries, exchanges, clubs and other outlets, to ensure it's free of pathogens, heavy met-

als and chemical contamination.

Army Col. Les Huck, the lab's director, said these threats could quickly put troops out of commission — something he acknowledges terrorists understand and could easily take advantage of — without proper safeguards.

It's not such a far-fetched

notion. Last year, the U.S. Food and Drug Administration noted a "high likelihood" of a deliberate attack or accidental outbreak in the U.S. food supply that sickens a large number of people. The agency said the food supply is especially vulnerable to an attack.

See Testing, Page 3

Joint attack



Apache helicopters provide support to ground troops during a Combined Arms Live-Fire Exercise Sept. 1. The exercise tested Fort Riley Soldiers' abilities to coordinate attacks on targets by the helicopters, Air Force jets, Army Abrams tanks and other ground elements.

Army, Air Force join forces in combined assault

By April Blackmon

Staff writer

Army and Air Force teams combined efforts for a joint firepower operations demonstration Sept. 1, on Fort Riley following gunnery exercises that began in August.

Two F-16 fighter jets from the South Dakota Air National Guard, Apache helicopters from the Missouri National Guard, the 10th Air Support Operations Squadron from Fort Riley and various elements from Fort Riley's 3rd Brigade Combat Team demonstrated the combined operations to a group of other 3rd BCT Soldiers.

"Today was a joint firepower exercise that brought Air Force assets, Army artillery, Army mortars and Army attack aviation in a relatively small area at a specific time attacking the same target," said Maj. Mark Adams, 3rd Brigade fire support officer.

The goal was to show how Army and

Air Force operations work together to attack two targets from the air and the ground.

"We demonstrated both the planning process and the execution of how you take different systems from different services, i.e., the Army and the Air Force, and integrate them all to bring the maximum firepower on the same target at the same time," said exercise planner Capt. Scott Bronikowski, with the 3rd BCT. The planning process took several weeks, he said.

It was important for Soldiers to see and experience this type of training because they could be involved in coordinating such efforts in future missions, Bronikowski said.

"It shows the people who are going to have to do this in Iraq what it looks like. A lot of this stuff is what happened for a lot of us who were there the first time. Calling helicopters (or) F-16s is not something you do a lot of the time when

See CALFEX, Page 2



An M1 Abrams tank crew fires on a target during a Combine Arms Live-Fire Exercise Sept. 1, on Fort Riley.

Soldier Show coming to McCain Auditorium

Performance keys on family communication, 'The Heart of a Soldier'

By Tim Hipps

USACFSC Public Affairs

FORT BELVOIR, Va. — Commu-

nication between deployed Soldiers and their loved ones is the driving force behind "The

Heart of a Soldier," theme of the 2004 U.S. Army Soldier Show, which is touring through mid-November.

The show is scheduled to perform at McCain Auditorium on the Kansas State University campus at 7 p.m., Sept. 14 and at 2

and 7 p.m., Sept. 15.

Although every edition of the Army Soldier Show has a theme, few have woven a storyline throughout quite like this year's emotional rendition, said Soldier Show director Victor Hurtado.

From letters to cellular tele-

phone calls to e-mails, this is a song-and-dance display of how Soldiers touch base with home from the Global War on Terrorism - communications from the front lines and beyond.

The show touches on the realities of mothers deployed without

children, fathers who've yet to see their kids, couples who've put marriage on hold, brothers who long to hug their sisters and vice versa, and mothers and fathers, too.

"I hate to give too much of it

See Soldier Show, Page 4





'City in box' offers improved station

System promises deployed Soldiers better quality of life when serving at remote posts

By K.L. Vantran
AFPS

WASHINGTON — Hot meals, hot showers and a comfortable place to sleep are some everyday things that Force Provider, the Army's premier base camp, strives to offer troops in the field.

Improving the quality of life for deployed servicemembers is the goal of the "city in the box," said Army Lt. Col. Robert Bean.

Bean is assistant product manager for Force Provider at the Soldier Systems Center in Natick, Mass.

The self-sustaining city, which can house up to 550 troops and cover 7 to 10 acres, can be tailored to meet the needs of the unit and terrain, said Bean.

"No two camps are set up the same," said Jim McLaughlin, deputy product manager for Natick's Force Sustainment Systems, which oversees 40 programs to include Force Provider.

It typically takes 60 people about a week to set up the containerized camp, he added.

Force Provider was initially developed in the 1990s as a result

of feedback from troops who served in operations Desert Shield and Desert Storm.

The system has been deployed to Guatemala; Honduras; Haiti; Guantanamo Bay, Cuba; and Bosnia. Thirty-six Force Providers are deployed in support of operations Enduring Freedom and Iraqi Freedom.

A tabletop example of the city was on display at the Russell Senate Office Building in the nation's capital July 26.

The city's basic building block is the Tent Extendable Modular Personnel (TEMPER) Tent. Each is equipped with a heating and air-conditioning unit.

"The best thing in 120-plus degree heat is to be able to get a good night's sleep," Bean said.

"When troops are rested, they perform their jobs better."

The nice thing about being tent-based, noted McLaughlin, is that the tents are easy to pack up and they store well.

However, with the length of deployments increasing, McLaughlin said they are looking at using more "hardened" facilities.

"With longer deployments, the tent fabric starts to wear," he said.

"And when troops are gone longer, they tend to want more space and something more sturdy. We're actively looking at hard-wall systems," he added.

McLaughlin said Natick gets tremendous feedback from the field. When it tested latrines complete with air conditioning and heat at Fort Polk, La., it was hard getting the troops out of the facilities.

The "latest, greatest" addition to the camp is the all-electric kitchen, which provides three hot meals a day to troops, McLaughlin said.

Other improvements in the Force Sustainment System include finer camouflage netting that doesn't snag on things such as antennas and mirrors.

"It also provides some shading. It's far superior and flying off the production line," he said.

Force Provider includes a Morale, Welfare and Recreation facility.

The bottom line is "to make life better for the troops," McLaughlin said.



AFPS/Vantran

Army Lt. Col. Robert Bean, assistant product manager for Force Provider, the Army's base-camp system, stands in front of a display showing the "city in a box." Force Provider can house up to 550 troops and strives to improve quality of life for troops in the field.

CALFEX continued from page 1



Post/Blackmon

A 10th ASOS Airman watches from his Humvee as two F-16 fighter jets drop bombs on a selected target during training exercises on Fort Riley Sept. 1.

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you're a tanker or infantryman," he said.

"So when they're there and it's three in the morning and they're trying to call in an air strike, they at least have a picture in the back of their head," he said.

Army and Air Force combined training of this nature is not common, said Sgt. 1st Class Jeffrey Lenz, 3rd Brigade master gunner and safety officer for the exercise.

"You see a lot of Soldiers, they'll train as individuals or units but to train together like this is something they don't normally get to do," he said.

Because such training seldom occurs, the opportunity for ground Soldiers to better understand Air

Force personnel and equipment is beneficial, said Capt. Leland Cowie, air liaison officer, 10th ASOS.

"They get to see the complexity that goes into including airplanes as part of their battle space, and I think they got a real perspective for the altitude, speed and size in which the aircraft are maneuvering. I think it brought a better understanding to all the troops," he said.

Understanding various safety issues when conducting such operations are crucial as well, Lenz said.

"A lot of people aren't used to being around other peoples' weapons systems, so they don't

know the danger areas that are inherent," he said.

"There's a lot of things we had to take into consideration when you start mixing artillery, mortars, tanks, aircraft and helicopters, like where did you have to put everybody on the battlefield so that you didn't get into each others' danger zones?"

"If you get in a real world situation and you've got a guy on the ground who doesn't know what a helicopter can do and where he can be around that helicopter, he can inadvertently cause himself injury or others around him. So we need to do training like this so everybody learns each other," he said.

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BLJR/Sept. 2004



Post news in brief

Free seminar aims to help entrepreneurs

Anyone thinking about starting a new business, buying an existing business or just wanting to improve his or her current business may attend a seminar sponsored by the Small Business Administration and the Army Career and Alumni Program.

The seminar is scheduled from 9 a.m. to noon, Oct. 15 in the ACAP Center classroom, Room 7 in Building 210, on Custer Avenue on Main Post.

A variety of speakers will address such topics as creating a business plan, getting the money needed to start, record keeping, taxes, permits and marketing.

Subject matter experts and advisors will be identified to provide continuing assistance after the seminar.

For more information or to reserve a seat at the seminar, call 239-2278 or 239-2248 or send e-mail to acap@riley.army.mil.

Post heating turn-on set

Weather permitting, air conditioning at Fort Riley will be turned off beginning Sept. 27. Air conditioning in administrative buildings will be turned off first, followed by individual units in barracks, bachelor enlisted quarters and bachelor officer quarters, then the 8000 area, dining facilities and community buildings.

Heating will be turned on beginning Oct. 12, starting with barracks, BOQs and BEQs. The 8000 area will get heat next, followed by community buildings, administrative buildings, dining facilities and motor pools.

Family housing occupants control their own heating and air conditioning.

The authorized temperature for the heating season is 65 to 70 degrees Fahrenheit.

TRICARE alters phone numbers

Irvin Army Community Hospital recently announced the following telephone number changes for TRICARE taking effect Oct. 1:

For appointments, urgent care, routine care, the nurse advice line or after hours, call (785) 239-3627 or (888) 239-

3627.

For TRICARE benefit questions, medical authorizations or referrals for specialty care, claims status or the TRICARE service center, call (888) 874-9378.

School area speed limits:

The school zone speed limit is 20 mph when lights on the zones' edges are flashing between 7:45 and 8:30 a.m., 11:05 and 11:45 a.m. and 3:15 and 3:45 p.m.

The speed limit in all housing areas is 15 mph.

Open season ends Sept. 30

Federal Group Life Insurance Program open season extends through Sept. 30 for eligible employees.

The Civilian Personnel Advisory Center will provide informational materials to all work-force points of contact for dissemination to employees.

According to a recent ABC-C newsletter:

— Open season elections must be made via the Employee Benefits Information System, accessible via the ABC-C web site, or the Interactive Voice Response System.

— Open season changes will be effective on or after Sept. 1, 2005.

— Employees in a non-pay status are eligible to participate if all other eligibility requirements are met. Changes will not be effective until the employee is back in a pay and duty status.

For more information, call Cindy Colson at CPAC, 239-6004.

E7 promotion board set

The fiscal year 2005 Sergeant First Class Promotion Board will convene Nov. 2, according to Military Personnel Message 04-216.

Soldiers have until Oct. 15 to validate their Web Enlisted Record Brief, update their Official Military Personnel File, arrange for the post photo lab to take and submit a digital photo and have noncommissioned officer evaluation reports sent to the Enlisted Records Center.

Eligible NCOs should call 239-5218 or visit the 15th Personnel Support Battalion Customer Services Sections to schedule an appointment.

Testing

continued from page 1

due to the broad range of biological and chemical agents that can be used.

The FDA isn't the only federal agency raising concerns. Last fall, the FBI said terrorist manuals and documents recovered in Afghanistan specifically referred to two naturally occurring toxins — nicotine, a substance found in tobacco that is toxic when ingested, and solanine, a toxic chemical found in small amounts in green potatoes that can cause gastrointestinal upset or neurological symptoms — as potential biological threats. Officials agree anthrax and ricin, two potentially lethal biological toxins, pose even more deadly threats.

Huck said the military is no less vulnerable to attack on its food and water supplies. It's particularly critical that the military ensure the safety of U.S. troops deployed outside the purview of the Food and Drug Administration, Department of Agriculture and Environmental Protection Agency, which ensure the safety of U.S. food and water supplies.

"In places where there's not much oversight, we play a vital role in testing items that would otherwise go untested," he said. As a result, the Fort Sam Houston veterinary lab, as well as its smaller counterpart at Landstuhl Regional Medical Center in Germany, conduct hundreds of tests on samples of everything from Meals, Ready to Eat used in the field to poultry sold in commissaries to bottled water purchased locally for troops in Southwest Asia.

This testing reinforces measures already in place by procurement teams on the ground who regularly audit local vendors to ensure food and water for U.S. servicemembers and their families is safe and secure.

Eric Shepherd, supervisor of chemistry at Fort Sam Houston, said the changing nature of the threat has caused dramatic changes in the lab's mission.

"When I came here 17 years ago, 80 percent of our work was quality control," he said. "Now, 80 percent of what we do is contaminant analysis. That's where our thrust is and where it will continue to be in the future."

Shepherd said the lab's rigorous test procedures send a message that the military is taking measures to protect its members against food- and water-borne threats. "If people know we are testing, then it serves as a deterrent," he said. "But if they do try something, we're confident that we can help detect it."

But, Huck said, the current system still isn't responsive enough. New equipment under development will make it easier for specially trained troops on the ground to do their own testing, with far faster results.

A wide range of test equipment and procedures is being developed, he said, and some are already being delivered to forward-based troops. The ultimate

goal, Huck said, is to get enough "rapid screening process" capability into the field so troops can rapidly screen for pathogens and pull any suspect items from the inventory.

"The bottom line for us is to guard against contamination, whether it got there accidentally or intentionally, so we can ensure a safe and secure food product," Huck said.

Staci Mitchell, a microbiological lab technician here who also served as a technician at Veterinary Lab Europe in Landstuhl while on active duty, said the procedures in place "give me immense confidence in the safety of the food" the troops and their families receive.

Mitchell said the testing program "sends a strong message to the troops that they're being looked out for and taken care of."

"But then again," she said, "they're guarding our safety. So we want to be sure to guard theirs, too."

Army accepting applications

Some officers eligible for law school aid

Army News Service

WASHINGTON — The Office of the Judge Advocate General is accepting applications until Nov. 1 for the Army's annual Funded Legal Education Program.

Under FLEP the Army projects sending up 15 active duty commissioned officers to law school and paying 100 percent of their school expenses.

Eligibility is determined by chapter 14, AR 27-1 and cannot be waived. Applicants must be commissioned officers in the

grades of second lieutenant through captain and must have at least two but not more than six years of total active Federal service at the time legal training begins. Submission of Law School Admission Test results is required.

Applicants select the law school they wish to attend but are encouraged to choose schools with in-state tuition, said Yvonne Carr, FLEP manager. Those law schools have to be approved by the American Bar Association.

"If a junior officer wants to stay in the Army and has the desire and dedication to get a law degree, then there is no better program available," said Maj. Patrick Barnett, an FLEP graduate.

"FLEP provides the opportunity to get a great education, to continue your service, and then to apply the knowledge and experience from your first years in the Army to provide great legal support to Soldiers and commanders," he said.

For more information, call the Fort Riley Staff Judge Advocate's office at 239-2217.

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Mounted cavalry units to compete

Staff report

The U.S. Cavalry Association hosts its third annual National Cavalry Competition at Fort Riley Sept. 23-26.

Competitors will match their skills in a variety of events at Infantry Parade Field across from Rally Point. Scheduled competition includes military equitation, jumping, mounted pistol, mounted saber and platoon drill. The competition will also feature military bugler and period uniform authenticity competitions.

Competition in most events will be divided into skill levels ranging from beginner to advanced/professional.

Patricia Bright, executive director of the U.S. Cavalry Association, said the competition

is open to the general public. She encouraged re-enactors, memorial mounted units, military color guards, mounted police and any other uniformed mounted elements to enter.

Bright said the U.S. Cavalry Association expects several national and military mounted representatives to compete as well as Fort Riley's Commanding General's Mounted Color Guard. She said last year's competition nearly doubled in size compared to the previous year, and the association expects this year's competition to be even larger.

For more information about the competition, call the Public Affairs Office at (785) 239-2022 or visit the U.S. Cavalry Association's Web site at www.uscavalry.org/currentevents.html.

Army OKs Sapper tabs for engineers

Army News Service

The Army has authorized a Sapper tab for wear on the left shoulder of the uniform by authorized combat engineers.

Until this summer, only the Special Forces tab and the Ranger tab were authorized for wear above the unit patch on the left shoulder.

Army Chief of Staff Gen. Peter Schoomaker approved the Sapper Tab June 28 for award and wear by engineer Soldiers who complete the Sapper Leader Course.

The course is part of the U.S. Army Engineer School at Fort Leonard Wood, Mo.

This award is retroactive to the graduates of the first SLC on June 14, 1985.

The tab will be worn below the Special Forces or Ranger tab if a Soldier has either of those.

Other details concerning the wear of the Sapper tab will be released through official G1/Human Resources Command channels, officials said.

Sappers are combat engineers who advance with the front-line infantry.

Soldier Show

continued from page 1

away," Hurtado said. "It's still going to be a fun and energetic show but I don't want to give away much more than the gist of the story. It does put a lot of focus on deployments."

Prepare to have your heart-strings tested, Hurtado warns. The show uses a lot of telepathic energy that exists between Soldiers and their loved ones experiencing sleepless nights at home, pondering if and when their hero will return. Songs originate from both sides of the issue, focusing on the significance one life can project upon so many.

"Part of what makes the show is the emotional impact of it," Hurtado said. "Parts are really happy, but there are going to be some emotions, definitely."

Eighteen performers, including a drummer, were selected from 138 Soldiers who auditioned for the show. Seven technicians and four drivers also are part of the cast that will conduct 110 performances during a six-month tour to 21 states, Germany, Italy, Washington, D.C., and Guantanamo Bay, Cuba.

After opening at Fort Belvoir May 2, the troupe will make Germany stops in Stuttgart, Heidelberg, Darmstadt, Hanau, Kaiserslautern, Baumholder, Weisbaden, Würzburg, Ansbach, Grafenwoehr and Bamberg before heading to Vicenza, Italy.

The show will play Guantanamo Bay before returning for the domestic portion of the tour, mostly staged on Army installations. Along the way, they will perform at U.S. Army Birthday Balls in Atlanta and Washington before venturing inside the 45,000-seat Alamodome in San Antonio, Texas.

"That's going to really be a great challenge and propel us to a very successful tour," Hurtado said of performing at the Army's



Pfc. Daren Taylor (center) of Fort Belvoir, Va., is flanked by Pfc. Kevin Waul Allen (left) of Fort McPherson, Ga. and Spc. James Becton (right) of Camp Red Cloud, Korea, during a performance of the 2004 U.S. Army Soldier Show at Fort Belvoir's Wallace Theater.

APTS/Hips

birthday parties. "It's going to prove our mettle, I'll tell you that, but we never shy away from anything."

Country, rock, pop, gospel, rhythm and blues, Latin and "80s' hair-band rock," as Hurtado calls it, are intertwined throughout the show, including the works of Prince, ABBA and Outkast. Hurtado said the show "moves really quickly" and won't exceed 90 minutes.

The cast includes active duty, National Guard and Reserve Component Soldiers who vary in rank from private first class to first lieutenant, including a chemical operations specialist, a multi-channel transmission systems operator and a light-wheeled vehicle mechanic.

Hurtado said military members and families can easily relate to the plot of this year's show while the general public should be entertained and educated.

utterly trusting of me and fearless. And that, more than any kind of talent, is an incredible asset for a director to have."

The Soldiers are attached to the U.S. Army Community and Family Support Center's Army Entertainment Detachment while on tour. They operate as a deployable military unit under the leadership of a detachment commander, first sergeant and a Soldier Show NCOIC who also hits the road in their 44-passenger bus, 18-wheel tractor-trailer and 15-passenger van.

Hurtado, a voting member of the National Academy of Recording Arts and Sciences' Grammy Awards who recently completed the directing course of study at Harvard University, is in his fourth year as artistic director.

Dennis Buck has been the show's musical director since he was a Soldier in Third Army. Spc. Joey Beebe, Hurtado's right-hand man, is the associate producer in his fourth season. Broadway performer and acclaimed choreographer Tanya Gibson-Clark also returns.

Spc. Kevin Foreman, who has worked six years with Army Entertainment, is the technical director. Sgt. Randy Batarao, another former performer, serves as assistant director.

The cast continues the tradition of "entertainment for the Soldier, by the Soldier" established during World War I by Irving Berlin, the founding father of today's Army Entertainment program. Berlin, best known for "White Christmas" and "God Bless America," wrote the first U.S. Army Soldier Show while on active duty in 1918 at Camp Upton, Long Island, N.Y.

The Army National Guard is the lead sponsor for the 2004 U.S. Army Soldier Show.

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POST SERVICE DIRECTORY



Commentary

Friday, September 10, 2004

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

How do you feel about the Army's new force stabilization plan to keep families at one station up to seven years?



"I believe it is a positive move. It will allow Soldiers and their families to have more predictable, stable lives."

Capt. Paul Ailsieger
Staff Judge Advocate
561st Corps Support Group
Home: Kansas City, Mo.



"I don't like it. I joined the Army to see the world, not Kansas."

Sgt. Danny Groover Jr.
Communications
331st Signal Company
Home: Tampa, Fla.



"I think it is a very good thing to do for Soldiers. It will allow Soldiers to make more friends and give them a sense of stability through deployments."

Spc. Matt Kendall
Infantryman
1st Battalion, 16th Infantry
Home: Pratt, Kan.



"I do not like the seven-year policy. As an officer you need to find a position in order to get promoted. Also, I do like to move every three years to see new places and meet new people."

Capt. Henry Lauten
Ammunition officer
561st Corps Support Group
Home: Dalton City, Ill.



"I do not like it at all. Who wants to stay on one post for that long? Two years is long enough."

Staff Sgt. Robbie McCullough
Food service sergeant
331st Signal Company
Home: Morris, Okla.

Next week's question:

What events or attractions would you recommend Soldiers and families try to experience while at Fort Riley?

Opinions may be e-mailed to the editor at mike.heremus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By Kay Gatz
Education Center

Every day the staff at the Education Center and on-post colleges know that they have a unique opportunity to make a difference in the lives of Soldiers, family and civilians. A letter received from a veteran and graduate of Upper Iowa University underscored that fact. Following is an excerpt from that letter:

"I have never been to Fayette, Iowa (home campus of UIU), and yet I am a proud Peacock (the UIU mascot) and will be until the day I die. Please allow me to share my story."

"I was a high school drop-out, just like my father and his father and my mother and all five of my siblings. I never felt that I was smart enough, rich enough or lucky enough to ever expect to go to college. With few other options left to me, I enlisted in the United States Army and



Kay Gatz

been told that having some college credit would help me get promoted faster.

"Upon evaluation of my credits, the staff at UIU's Fort Riley campus told me I was only about two years away from a B.S. in Public Administration, so I set out to pursue that goal."

"That was when I met Professor Lisa Nelson, who taught Constitutional Law. She told me that I should go to law school. At first I laughed at her, but eventually she convinced me that I could do

anything I put my mind to. She told me my grades were good enough, that I had what it takes, and that all I needed was to believe in myself.

"Today, I am a second-year law student at the University of Houston and I believe that I am the only Peacock at UIU. I am very proud to be a Peacock alumnus and I still sometimes cannot believe that I am a college graduate."

"I haven't given any donations to UIU because I am still a student struggling to get by but some day I plan to be an attorney with a good income and I hope to send lots of cash back to UIU to help others achieve what I never dared dream I could achieve."

"But, even if I make millions, I will never be able to fully repay Upper Iowa University for helping one Soldier truly 'Be all that I can be.'"

This graduate has already made a contribution by taking the time to write this letter and to inspire others to pursue their

dreams.

The Education Center offers a full range of programs and services to help make those dreams a reality. Professional counseling services are available to help students set and meet their goals. On-duty programs in basic skills and associate level college courses help students begin their journey towards a college degree.

Upper Iowa University, Central Texas College, Central Michigan University and Barton County Community College offer a variety of majors in the evening college program. Kansas State University also offers evening courses on their Manhattan campus.

Courses are available at all academic levels from associate through masters. Distance learning courses are an option for busy adults. In addition, tuition assistance and federal financial aid are programs that can provide the resources necessary to earn degrees.

Command comment

Stopping weapons proliferation difficult task

Editor's note: The following comments and paraphrased comments were made by Defense Secretary Donald H. Rumsfeld at the seventh annual Space and Missile Defense Conference in Huntsville, Ala. They have been excerpted from an article written by John D. Banisiewicz of American Forces Press Service.

Working with other countries to stop weapons of mass destruction from spreading isn't as easy as it may sound. Proliferation is an issue no country can deal with on its own.

By its very nature, it requires the cooperation of lots of nations, and regrettably, the United Nations has antiproliferation activities, but they're not sufficiently effective.

The reality is that countries trade off their comparative advantage. They may know more about missile technology than another country, but another country may know more about nuclear technology or biological technology, and they trade off.



Donald Rumsfeld

advantage.

So, here we are in an era where the weapons are increasingly more powerful and lethal (and) the dangers from them to large numbers of innocent human beings are increasingly greater.

The ease of spreading the various technologies also continues to grow. We've got to do a much better job of working with other countries.

Dealing with any single country is difficult enough. All of these countries have relationships that go back many, many years. Italy, for example, has been

doing business with Libya for 2,000 years, and Russia's relationship with Iran is different from the one the United States has with that country.

So, there always are reasons for a country to want to continue to deal with some country that the broader community would prefer not (to deal with) in terms of these technologies.

The biggest single problem in working with other countries is we're working off a different sheet of music when it comes to threat assessment.

Countries that generally agree on what the threat is and share intelligence then behave in roughly the same way.

To the extent that you have a different threat assessment, or your population has a different threat assessment and you're a politician, and you feel compelled to be with your population, it takes a long, hard task to teach people to lead people, to educate people.

Turning around the population's view can be done, but it takes time and energy, and you

can only do it with so many issues at once.

The United States and its friends and allies need to do a better job of coming to a more common threat assessment. I mean, facts are facts. This isn't something complicated.

Despite efforts toward cooperation, there always will be countries that try to work out a separate peace.

There have been appeasers throughout history, so we can't be surprised when that happens from time to time. But they tend not to be the big countries; they tend not to be the countries that have the capability to really do something about proliferation.

The Proliferation Security Initiative is a good start toward fighting the spread of weapons of mass destruction. That effort, begun by President Bush in May 2003, involves partnerships of countries working together to develop a broad range of legal, diplomatic, economic, military and other tools to interdict shipments of weapons of mass destruction.

Army One Source Questions & Answers

Q: What is Army One Source?
A: AOS is a 24-hour, seven-days-a-week toll-free information and referral telephone service available to active duty, National Guard and Reserve Soldiers, deployed civilians and their families worldwide.

AOS provides information ranging from every day concerns to deployment and reintegration issues.

If there is a need for face-to-face counseling, AOS will provide referrals to professional civilian counselors.

Q: How do I access AOS?
A: Call (800) 464-8107.

Grunt By Wayne Uhden



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Post open house to feature variety of attractions

By Jamie Bender
Staff writer

Fort Riley opens its arms to the public from 10 a.m. to 4 p.m. Oct. 2, during its open house and Apple Day celebration.

The post uses the events to inform people in the surrounding communities and Soldiers and their families of Fort Riley how the post and the Army support the nation.

Attractions will be set up on Cavalry Parade Field and in adjacent areas.

Plans call for technology and capability demonstrations, equipment displays, interactive activities, historical tours and food and beverage concessions.

At the Expo Tent, visitors will get a look at Soldier training and readiness, support links for Soldiers and their families and quality of life programs and activities.

Tours of the U.S. Cavalry Museum, Regimental Museum and Custer House will be available as well as the self-guided walking tour of Main Post. Some displays will feature period vehicles.

Also on display will be emergency equipment, such as medical and fire rescue vehicles and apparatus.

Police response teams and their military working dogs will

demonstrate their skills and training.

The Commanding General's Mounted Color Guard will demonstrate cavalry horsemanship and saber drills at noon and 2 p.m. at Cavalry Parade Field. They also will set up a typical 1800s cavalry encampment with authentic tents, equipment and uniforms.

At 10:30 a.m., the Global War on Terrorism Memorial will be dedicated in a ceremony in front of the museum. Maj. Gen. Dennis Hardy, commander of the 24th Infantry Division (Mech) and Fort Riley, is scheduled to speak at the ceremony.

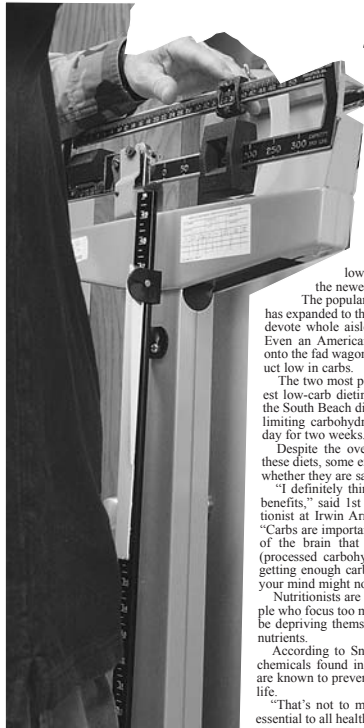
An Air Force flyover and weapons firing are also scheduled.

The weapons firing event allows visitors to fire a variety of military weapons loaded with blank ammunition and fitted with Multiple Integrated Laser Engagement System equipment at pop-up targets.

Many things will be available for children to do.

The obstacle course lets children paint their faces with camouflage face paint and navigate obstacles such as walls, balance beams and tunnels to deliver an important message to "head-quarters."

A petting zoo with exotic animals and rides for the smaller children are also planned.



Fat fights

Dieters quick to arm themselves with fad diets

By Chris Selmek
19th PAD

As Americans grow more obese, many dieters have swallowed any promise of quick fat loss with little work. The low-carb, high-protein diet is the newest craze.

The popularity of this latest diet trend has expanded to the point that grocery stores devote whole aisles to carb-friendly items. Even an American soda pop icon jumped onto the fad wagon by releasing a new product low in carbs.

The two most popular versions of the latest low-carb dieting fad are the Atkins and the South Beach diets, both of which require limiting carbohydrate intake to 20 grams a day for two weeks.

Despite the overwhelming popularity of these diets, some experts are now wondering whether they are safe.

"I definitely think the risks outweigh the benefits," said 1st Lt. Nicole Snyder, nutritionist at Irwin Army Community Hospital. "Carbs are important. There are certain areas of the brain that run entirely on glucose (processed carbohydrates), so if you aren't getting enough carbohydrates, those parts of your mind might not work well."

Nutritionists are raising concerns that people who focus too much on cutting carbs may be depriving themselves of many other vital nutrients.

According to Snyder, many lesser-known chemicals found in high carbohydrate foods are known to prevent serious diseases later in life.

"That's not to mention calcium, which is essential to all healthy growth," she said, "and

vitamins A and C, which are present in fruits and vegetables."

According to Rita Tudela, manager of the GNC store at the Main Post Exchange, the average weight loss on a low-carb diet is between 20 and 30 pounds. However, Snyder said she believes that weight loss on the Atkins diet can be deceptive because it is not lost fat. The lost pounds results from lost water weight, she said.

"People do tend to lose weight on Atkins because it reduces the amount of calories they take in," Snyder said. "It also sheds a lot of weight because, when you get rid of glycogen, you lose a lot of water from your muscles. What we've found is that it usually comes back very quickly, and then some, after you go off the diet."

"There are no tricks to losing weight," she added. "You just need to exercise self-control."

Snyder said the best alternative is portion control, which means continuing to eat all the foods you would normally eat, but in smaller amounts.

"We recommend 10 servings of fruits and vegetables a day, which gives you a lot of fiber. It's low in calories, and it has the majority of the nutrients you need," Snyder said.

Awareness of the risks inherent in the low-carb diet have prompted GNC to offer supplementary kits providing dieters with vitamins during the two weeks they are depriving themselves.

"About 40 percent of customers that come in are low-carb dieters," Tudela said. "They usually come in to get products to meet their goal for the two weeks they're on the diet."

Tudela encourages all dieters to take a daily multiple vitamin through all phases of their diet, to drink 60 to 120 ounces of water a day and to get plenty of exercise.

"Everybody needs to watch what they eat and get exercise. A dietary supplement doesn't work for you; it works with you," she said.

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Fort Riley Community Life

Friday, September 10, 2004

America's Warfighting Center

Page 7

Community news briefly

Thrift Shop open for all

Customers will see some changes at the Post Thrift Shop. Changes were made to make shopping for merchandise and bargains a lot easier. No military ID is needed to shop.

The store is located in Building 267 on Stuart Avenue, next to the stables. Hours of operation are 9:30 a.m. to 2:30 p.m. Tuesday, Wednesday and Thursday, and 10 a.m. to 1 p.m. Sept. 11 and Oct. 2.

Consignments are accepted 9:30 a.m. to 1 p.m. Tuesdays and 10 a.m. to noon Saturdays. The store allows 15 items per consignment, but only seven items of clothing. All consignments must be clean and in good condition. The store is not accepting consignments of summer clothing.

Consignment checks are available for pick-up on Tuesdays and Thursdays when showing an ID.

Volunteers are always needed and welcomed. Reimbursement is available for volunteers needing childcare, and volunteers receive 25 percent off all Thrift Shop merchandise bought the day they volunteer.

For more information, call 784-3874.

Conferences set for October

The 2004 Fort Riley Army Family Action Plan conference has been scheduled for October. The teen conference will be from 9 a.m. to 3 p.m. Oct. 16 in the Teen Center, Building 5800. The adult conference will be from 8:30 a.m. to 3 p.m. Oct. 21 and 22 at Riley's Conference Center.

The teen conference is open to all middle school and high school students. Participants will be urged to voice their concerns for attention by the post's command staff.

The adult conference is open to active duty, family member, Department of the Army civilians and retirees.

Families invited to kick ball day

The Fort Riley Exceptional Family Member Program and New Parents Support Program will sponsor a Kick Ball Day from 10 to 11:30 a.m. Sept. 22. Those wishing to participate must RSVP to Laurie McCauley at 239-9435 by Sept. 20.

Chapel plans fall festival

Morris Hill Chapel's Gospel Service congregation is planning Hallelujah Night, an inspirational fall festival, from 5 to 8 p.m. Oct. 30, at the chapel. Refreshments will be served.

Admission will be free, but non-perishable food items would be appreciated. The items will be used to help needy families in the Fort Riley community during Thanksgiving.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Armed forces TV adds shows

Movie, family channels debut for service families stationed overseas

By Gerry J. Gilmore
AFPS

WASHINGTON — The Defense Department's American Forces Network television system started broadcasting new movie and family channels to overseas

audiences Sept. 3.

The overseas audience numbers about 850,000 people, a network official said.

The new channels — made possible by new satellite technology — enhance choices for service members and their families stationed overseas, said Air Force Lt.

Col. Doug Smith, operations officer at American Forces Radio and Television Service headquarters in Alexandria, Va.

"The Family Channel is something we've been wanting to do for a very long time," Smith said, noting that programming content will be targeted to children ages 2

to 17.

The Movie Channel, he continued, will offer "the best of Hollywood" films, with behind-the-scenes specials detailing how some popular movies were made.

Larry Sichter, AFN's affiliate relations chief at the Defense Media Center at March Air

Reserve Base near Riverside, Calif., noted that AFN provides 10 television services and 12 radio services to 180 ships at sea and to servicemembers and families stationed in 177 countries.

"Our audience gets the most popular programming that's in the states," Sichter said.

Drive to help



Sgt. 1st Class Henry Chapman of the 24th Infantry Division (Mech) receives information from representatives of one of the charity organizations present at the Combined Federal Campaign rally at Riley's Conference Center Sept. 7.
Post/Bender

Combined Federal Campaign aims to collect assistance

By Jamie Bender
Staff writer

The Combined Federal Campaign launched its annual fund drive at 2 p.m. Sept. 7 at Riley's Conference Center.

Representatives of a few of the local charities that benefit from the fund drive were present to speak to unit commanders and unit points of contact attending the event. Col. John Simpson, garrison commander, opened the CFC campaign saying:

"Let me put it in perspective. We are currently in a war fight. We have half our force in Iraq and most will be coming back this month. That's hard business what we are doing in that country and other parts of the world to make it a better place. I would say and suggest to you that CFC is a little bit easier way to help the world."

Simpson also spoke a little about the history of CFC and why the Army conducts the fundraiser. "We established this in 1961," he said. "It's the only way that organizations and worthy causes can come into our workplace and request our donation. It is the right thing to do," he said, asking everyone present to make it a priority to speak to everyone in his or her organization and make sure they know about CFC.

United Way Director Tatum Couture also spoke about the importance of CFC and the success the fundraiser has had in the past.

"The Combined Federal Campaign is the only authorized form of solicitation of federal employees in the workplace on behalf of charitable organizations," she

See CFC, Page 8



Karen Price and her animal assistant, Dakin, speak to a Soldier about KSDS Inc. during the CFC rally Sept. 7.
Post/Bender

Military invited to enjoy 'social'

By Gaylynn Childs
GCHS Executive Director

The Geary County community will take time to bid farewell to summer the afternoon of Sept. 19 while welcoming home returning Fort Riley troops who have been serving in Iraq. The occasion will be an old-fashioned ice cream social and "Friendship Fair."

All military families and personnel in the area are extended an invitation to attend as special guests and a corporate sponsor for the event has donated the means to allow these military-related guests to participate in all the Friendship Fair activities free of charge.

Scheduled from 1 to 4 p.m. on the Geary County Historical Museum's west lawn, this old-time community fair will feature plenty to tempt the taste buds. Hamburgers and sausages will be available hot off the grill, and this year for the first time, real homemade ice cream, courtesy of a local dairy, can be had with servings of homemade pie, cake or cookies in the ice cream social tent.

Soft drinks, root beer floats and ice cream cones will also be available.

Along with all these tasty treats, old-fashioned children's games and activities, including miniature train rides, face painting, contests and games, and a fish pond with fun prizes will keep the younger crowd entertained throughout the event.

For the shoppers in the group, the popular outdoor Country Store, featuring an array of homegrown produce, handcrafted items and gifts, plants, dried foliage, seasonal decor, baked goods and homemade pickles, jams, and jellies, will be operating on the grounds.

Live music by Fred Meyers' One-Man Band, the JCHS

See Social, Page 8

Society began making apple pies in mid-1980s

Former 'Apple Pie Queen' tells history of popular fall event on Fort Riley

By Joanne Gulotta
Former Apple Pie Queen

Legend has it that the first Historical and Archeological Society of Fort Riley apple pies were made in the mid-1980s after someone suggested doing something with all of the apples falling off a tree in the commanding general's yard.

What we do know for sure, though, is reflected in the HASFR records over the past 18 years. What began with HASFR members making cider and baking a small number of apple pies to sell and serve at various HASFR

events eventually became what we now know as Apple Day, featuring the infamous HASFR apple pies.

In time, this endeavor became the society's annual fundraiser, raising thousands of dollars for community assistance to Fort Riley and the surrounding communities, as well as sustaining HASFR programs and projects throughout the year.

Many changes and additions to all things "apple related" occurred over the years.

In October 1986, the first Apple Days Open House was held at the Custer House. This free event was attended by 300 people

and featured a taste of the frontier Army days in which visitors toured the various rooms in the Custer House and saw HASFR volunteers in period costumes demonstrating quilting, bread baking and wheat weaving. Outside, volunteers were found gardening, chopping wood and operating an 1870's vintage apple press, providing apple cider for all to sample.

Interestingly, though, there is no record of any apple pie being served.

Beginning in 1987, homemade apple pies (about 60) were added to the annual homes tour, but the Apple Days event was not repeat-

ed. HASFR records show that the annual homes tour was combined with either an antique fair or craft fair in the years 1979-1985 and eventually became the primary HASFR fundraiser, with a fee being charged for the homes tour and to the vendors.

The 1988 HASFR Board of Directors decided to merge the Apple Days concept featuring apple pies with the homes tour/antique fair weekend. The profit on apple pies that year was \$381, but the overall profit for the entire weekend was only \$21.

In 1989, no Apple Days was

See Apple Days, Page 8

Want a pie?

To pre-order frozen, unbaked apple pies, send \$7 per each pie ordered with your name, phone number, an e-mail address if available to Alicia Broadwater, 25A Sheridan Avenue, Fort Riley, KS 66442.

Pies can be picked up from 11 a.m. to 2 p.m. and from 4:30 to 7 p.m. Oct. 1 at Building 404 at the corner of Holbrook and Pershing on post.





CFC

continued from page 7

said. "Each year federal employees and military personnel raise millions of dollars for the CFC to benefit thousands of non-profit charities. The CFC mission is to... provide federal employees the opportunity to improve the quality of life for all."

Couture shared some statistics from last year's drive, saying, "Last year you contributed over \$119,000 and worldwide over \$250 million were contributed. You were joined with [more than one million] others to reach this goal."

Sandra Vader from Community Health Charities of Kansas thanked those present for their commitment.

"I want to say thank you to you because you have either volunteered or been volunteered to help with the CFC this year," she said. "On behalf of all the patients of all of the agencies of every beneficiary of the CFC, I want to say thank you."

Vader shared an idea for success in the campaign: "Have your people review the index of the CFC booklet," she advised. "There is going to be one agency that touches their heart."

To illustrate her point, she asked everyone to stand up. She asked that as she read a few of the agencies in the index that people sit down as they heard one that touched either their life or the life of someone they knew. She read a list that included epilepsy, Alzheimer's disease, asthma, Downs Syndrome, leukemia and others.

2003 CFC campaign

Average gift was \$91.55

Amount raised was \$119,000

1,304 contributors

11.5 percent of contributions went to community health charities

10.9 percent went to Christian service charities

28 percent went to United Way of Junction City and Geary County

4.4 percent went to United Way of Riley County

"My point is," she said when everyone was seated, "we don't know when one of our family members is going to get a health condition. That's why research is important."

Karen Price from KSDS Inc. also thanked those gathered.

"It's a privilege to be here and have the opportunity to say thank you for all the work you are doing out there fighting for freedom and independence elsewhere and to congratulate you on the difference you are making on the home front," she said. "This truly is an example of numbers

making a huge difference when each one can give just a little bit to make it."

KSDS Inc. is an organization that trains and places assistance dogs with either visually or physically impaired persons.

Gina Cooper from the Crisis Center in Junction City and Manhattan talked about the community relations with the post.

"[My husband and I] chose to retire in this area for many reasons," she said, "one of which is the relationship that Fort Riley has with the surrounding communities. We rely on each other. It's about being neighbors and being a community."

She also spoke about the feeling that giving brings.

"Giving is a good feeling," she said. "CFC is an easy and convenient way to give. You sign on the dotted line and it comes right out of your check."

Sgt. 1st Class Henry Chapman, 24th Infantry Division (Mech), said he is happy to be a point of contact for his unit.

"I feel great about it," he said. "It's a chance to give back to what organizations give to our military and our local community."

Sgt. 1st Class Jonathan Dickens of 2nd Battalion, 289th Field Artillery, said he plans to give his Soldiers a briefing on CFC. He contributes to CFC himself.

"I know that people in the world need things, and we as Soldiers should be leaders to give that kind of help to people," he said.

Apple Days

continued from page 7

held, but 100 apple pies were made for the spring 1990 homes tour, with 25 pies served at the 1989 Prairie Christmas event.

In the fall of 1990, Apple returned, this time as a one-day event incorporating Custer House Side A tours, basket weaving, wheat weaving, quilting, sewing and mending demonstrations. The homemade apple pies sold for \$6 each and brought in \$965.

Twenty ladies made 150 pies, using 25 pounds of margarine, 60 pounds of sugar, 30 pounds of flour and 12 bushels of apples.

HASFR was getting serious about apple pies in 1990. The society bought a deep freeze that year to store the pies in the Custer House.

In 1991 through 1995, Apple Days was once again held in conjunction with the annual homes tour. By 1993, 10 food booths were added to the Apple Day event, to go along with the craft demonstrations, hayrides, reenactors, square dancers and the 1870's apple press. Two hundred ten apple pies were made that year.

In 1994, HASFR broadened its apple pie supplies by purchasing additional pie peelers and three food processors to make a goal of 600 pies. The society adopted more of an assembly line approach to pie making in 1995. Volunteers took three days to make a goal of 850 pies to be frozen at the commissary. Three more apple peelers were also purchased.

In 1994, apple pie sales netted just over \$2,500 and in 1995 the sales brought in close to \$3,000.

From 1996 to the present, Apple Day was tacked on to post events such as Fort Riley Days, Trooper Week, and the current open house. This merging led to the post supporting HASFR with



Post

A volunteer heaps apple pie filling into a crust during mass production of the Apple Days favorites sold by the Historical and Archeological Society of Fort Riley each year.

tents, tables, chairs and electricity as well as facility and truck support for pie making.

As the number of apple pies made each year began to increase, 1996 saw the cost of apple pies raised from \$6 to \$7. 1997 saw the acquisition of the pie saving, although backbreaking and extremely cold "reefer truck" to freeze the hundreds of home made pies. 1999 saw the introduction of the infamous and much-avoided society role of the "Apple Pie Queen," formerly the apple pie chairman).

Because of the increased focus on apple pie making, HASFR saw Apple Day pie profits grow from \$4,000 in 1997 a little more than \$6,000 in 1999.

From 2000 on, HASFR apple pie making became a much larger production, using ever more groceries, apple peelers and food processors. Several hundred apple pies were now made, prompting

the use of an old dining facility on Main Post to make the pies instead of the Custer House, which had been used for several years.

In 2000, the dining facility came in handy as HASFR finally made their long sought after goal of 1,000 pies, with all groceries donated by the commissary, and turning in a large profit as a result.

In 2001, Apple Day was cancelled due to the events of Sept. 11 and the limited public access to Fort Riley. Even so, 600 apple pies were made and promptly sold.

In 2002, the homes tour once again took place in conjunction with Apple Day, but by now it was no longer HASFR's big money maker. In fact there was no charge for the tour that year. Finally, in 2003, a record 1,212 apple pies were made in the four days before Apple Day, making a profit of \$7,000.

Social

continued from page 7

"Moody Blues" Jazz Band and the JC Dixieland Band will keep the atmosphere fun and upbeat all afternoon.

A \$4 ticket good for one serving of homemade ice cream, a choice of pastry and a soft drink can be purchased ahead of time through the museum, from GCHS board and committee members or at the ticket tent during the event.

Tickets for all other food items

and the children's activities will be sold at the ticket tent at the fair. Military guests need only show their ID cards at the Sprint tent, and they will be given free tickets for all activities except the Country Store.

In the event of inclement weather the event will be moved indoors to the museum auditorium or rescheduled. For more information, call 238-1666.

At the movies:

The Barlow Post Theater Doors open at 6:30 p.m. Shows begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults, \$1.50 for Children 5 to 11 years old and free for children under age 5, except during children's matinees or expected sell-outs.

Sept. 10 - I, Robot (PG-13)
Sept. 11 - I, Robot (PG-13)
Sept. 12 - Harold & Kumar Go To White Castle (R)

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Fort Riley Sports & Recreation

Friday, September 10, 2004

America's Warfighting Center

Page 9

Sports news in brief

Free 'Fight for Freedom'

Soldiers showing military IDs can attend the boxing "Fight for Freedom" Sept. 11 at the Kansas ExpoCentre in Topeka free. Doors open at 6 p.m.; fights start at 6:30 p.m. Non-Soldiers can buy tickets for \$20.

Outdoor Rec archery class

Outdoor Rec is sponsoring an archery familiarization class from 1 to 4 p.m. Sept. 11 and will be holding an archery tournament from 9 a.m. to 2 p.m. Sept. 18. Categories include unlimited, recurve and long, youth and female. The cost for the tournament is \$5 per person. For more information, call Outdoor Rec at 239-2363 or 239-6368.

Pool opens normal hours

Eyster Pool opened Sept. 8 with normal operational hours. The pool will be closed Mondays and Tuesdays. It will open from 11 a.m. to 1 p.m. Wednesday through Friday for lap swimming and from 1 to 6 p.m. the same days for open swimming. It will be open from 11 a.m. to 6 p.m. Saturdays and Sundays for open swimming.

Quarterly pool passes cost \$35 for one person or \$50 for a family. Semi-annual pool passes cost \$60 for one person or \$80 for a family and annual passes are \$110 for one person or for a family.

Daily entry fees are \$1.50 for ID card holders, \$2 for guests and free for children 5 years old and younger.

Staff plans competitions

Entries are due Sept. 14 for battalions wanting to compete in the post tournament scheduled Sept. 21-24.

The post battalion level cross country meet is scheduled for Sept. 17. Entries are due by Sept. 14.

Flag football has been scheduled to run now through Nov. 8.

For more information, call 239-3945 or 239-2172.

Aerobic classes offered evenings

Aerobic classes will be offered from 5:30 to 6:30 p.m. Mondays and Thursdays at King Field House. Cost is \$2 per class if paid in advance. September classes cost a total of \$12. October and November classes cost a total of \$10.50.

No classes will be conducted Oct. 11, Nov. 11 or Nov. 25 because of holidays.

For more information, call 239-2813.

Solo races set at Heartland

The Tire Rack(r) SCCA Solo National Championships promises spectators the best of Solo competition from among 1,000 drivers. The races are scheduled from 8 a.m. to 5 p.m. Sept. 14-17 at Forbes Field, Heartland Park, Tractor, Inc.

For more information, call (785) 357-7222 or (800) 770-2055 or visit www.scca.com on the Web.

Army's cowboys visit wounded

By Brett McMillan
Army News Service

WASHINGTON — Four of the Army's eight professional cowboys visited patients at Walter Reed Army Medical Center Aug. 31, thanking them for their service in the Global War on Terrorism.

Bareback bronc rider Andy Bolich, saddle bronc rider Cody DeMoss, bull rider Jaron Nunemaker and Xtreme Bulls rider Zack Oakes introduced themselves as members of the Army's team of cowboys — a team which

most Soldiers didn't know existed — and listened as the patients told their stories.

A combat engineer with the 9th Engineers Battalion serving in Iraq, Staff Sgt. Howard Andrews told the visitors his job was to destroy improvised explosive devices.

While Andrews followed the standard procedure to destroy an IED one day, a piece of it flew off about 300 meters, cut through the Humvee Andrews was in and severed his left leg at the ankle.

"I don't have a really awesome story about how the enemy was firing on us or anything,"

Andrews said. "It was a quiet day

I'm trying to get better and get back on my feet, or foot, and get another foot attached so I can get back in the Army," he told the cowboys.

He thanked them for stopping by.

Reclined in a bed on Ward 57, his foot blown off by a grenade Aug. 12 while pulling security in Baghdad, Cpl. John Oshia said he was glad to be alive.

He said fragments in his vest were about a centimeter from where he was carrying high-explosive rounds.

A Houston, Texas, native and

rodeo fan, Oshia said he appreciated the visit. "I appreciate the fact that you have cowboys who actually care about injured Soldiers, to be able to spend time away from the rodeo, away from training and just come out here and see us."

"It is nice to know that people care enough to take time out of their busy schedules to remember that some people are less fortunate and maybe are not able to do the things they would like right now," remarked his mother, who also seemed to enjoy the visit.

"Those guys have some incredible stories," remarked Bolich,

after visiting with several Soldiers wounded in Operation Iraqi Freedom. "Hopefully we helped them a little bit because they are awesome."

Bolich said what stood out in his mind from the visit is that most of the Soldiers want to stay in the Army and get back to work.

"They had no regrets and they are proud to do what they do. That's pretty inspiring."

A professional rider for four years, Bolich said he was glad to be part of the team of seven cowboys and a cowgirl representing

See Cowboys, Page 12

7th showdown



Post/Hardesty

Fort Riley seventh-grade tailback Armogen Walker runs the ball as fellow Trooper Justin Ramos eyes Wamego's Josh Dunback (77) and Jace Rickstrew (58) for a possible block that will spring Walker for more yardage.



Post/Hardesty

Armogen Walker grabs Ryan Patton from behind as Keith Meiners closes in.

By J.D. Hardesty
Staff writer

Fort Riley Middle School's Shaquell Frazier returned the second half kickoff 80 yards to lead the Troopers to a 14-12 victory against the Wamego Raiders in the seventh grade football season opener on post Sept. 2.

Trooper cornerback Scott Jeffreys' game-saving tackle on

Raiders quarterback Nick Johnson attempting a two-point conversion saved Fort Riley's slim lead late in the fourth quarter.

Johnson bootlegged right eyeing the end zone when Jeffreys, the only Trooper player in position to make a play, tackled Johnson on the two-yard line.

"Jeffreys' tackle and good defense won the game," said Trooper Coach Mike Whaley.

"The first game is always the hardest," said fellow Trooper Coach Vic Garcia.

"This game will be a confidence builder as we look forward to our next game (against Topeka Logan at home)," he said.

Fort Riley running backs Justin Ramos and Armogen Walker pounded out 38 and 91 yards on the ground for the

See Troopers, Page 12

Troopers win season opener

Yucca plants grow abundantly on Fort Riley

By Gibran Suleiman
Biologist



Gibran Suleiman

Like many other plants found on Fort Riley, the yucca has many names. Some of the more common names are soapweed, Spanish bayonet, beargrass and dagger plant.

Unlike many animals, plants do not have standardized common names. That is why botanists commonly refer to plants by using their scientific or Latin names. The scientific name of the yucca found on Fort Riley is *Yucca glauca*.

On the Wildside: News About Nature

The species of yucca found growing wild on Fort Riley is one of many species in the family Agavaceae. The majority of its members grow in arid and semi-arid conditions.

One of the more famous members in this family is the Joshua tree. Joshua trees grow in California and Arizona and have a National Park named after them. They can reach heights up to 30 feet.

Other well-known members of the

Agavaceae family are used in the production of tequila and mesquite.

The yucca is the state plant of New Mexico.

While the yucca plants on the fort might not reach 30 feet in height, they do stand out amongst the prairie grasses. Wild yucca plants can be found in the western two-thirds of the state.

The long leaves are a grayish-green and end in a very sharp needle like point. They all radiate from a

central location on the ground. In the spring, a 3-foot tall spike emerges from the plant, where 15 to 30 large, showy white flowers will hang from. After the flowers have bloomed and fallen off, a large seed pod forms at the top of the spike.

While the aboveground part of the plant is impressive to look at, the root of the plant is almost more impressive. The root can be several inches in diameter and penetrate as far as 20 feet into the ground.

Native Americans commonly

See Yucca, Page 13





K-State wins 1st game

Meier debuts as starting QB

By Deb Skidmore

Media Relations Officer

Dylan Meier debuted as the Wildcats' quarterback Sept. 4 at Kansas State University Stadium when the Cats took on Western Kentucky University. The 12th-ranked Wildcats won 27-13.

A red shirt sophomore, Meier took to the field in the shadow of Eli Roberson, former Wildcat quarterback, who led the Cats to the Big 12 Conference championship last year.

Meier battled for the team's top position with sophomore transfer Allen Webb and was given the thumbs up by Wildcat Coach Bill Snyder to start the first game of the season.

Meier completed 12 of 18 passes, chalking up 183 yards. He also ran nine times for 60 yards and made the Wildcats' first touchdown of the game and season.

A former Pittsburg all-stater, Meier connected with four different receivers by halftime, hitting 10 of 13 passes for 161 yards. He found Yamon Figsurs, a Garden City junior college transfer, for five of those catches that totaled 84 yards.

Late in the game, Meier went to the sideline nursing his right shoulder. Webb replaced him in the lineup. He went 2-for-3 for 13 yards and ran in a touchdown.

As the clock ticked down and the Wildcats chalked up their first win of the season, Meier said, "I played OK, but I just need to get better."

Del Miller, co-offensive coordinator for K-State, said that Meier played above his youth. "He's probably above and beyond the quarterbacks we've had at that age," he said.

K-State sports:

All K-State football games will be played at Wagner Field. All volleyball games will be played at Ahearn Field House. Rugby games will be played at K-State's Old Stadium.

Sept. 11 – Football vs.

Fresno State, 11 a.m.

Sept. 16 – Volleyball vs.

North Dakota State University, 7 p.m.

Sept. 18 – Football vs.

Louisiana-Lafayette, 1:10 p.m.

Sept. 18 – Rugby vs.

Wichita, 1:30 p.m.

Sept. 22 – Volleyball vs.

Texas A&M, 7 p.m.

Discount football tickets are available through ITR for \$19. For more information, call 239-5614.

Volleyball tickets are available by calling 1-800-221-CATS, or may be purchased at the door. Tickets are \$5 for adults.

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RENAISSANCE FESTIVAL

TRADE OUT

Cats look to improve against Fresno

By April Blackmon

Staff writer

K-State (1-0) will play their first Division I-A team of the season Sept. 11 when they go against Fresno State (1-0).

The Cats claimed a 27-13 victory against Western Kentucky University's Hilltoppers last week, with more than 500 total yards. Senior running back Darren Sproles amassed 221 yards rushing on a record 42 carries.

The Fresno State Bulldogs come off a 35-16 win over the Washington Huskies last Sunday, scoring three defensive touchdowns.

"They are going to be a good team," said sophomore quarterback Dylan Meier. "I mainly watched their defense, and they can fly around. They are going to make plays and they are going to bring their 'A' game, so we need to bring ours."

The Bulldogs pose a variety of defensive threats, including the top two sack masters in the Western Athletic Conference.

Senior end Brian Morris had 11 sacks last season, and junior tackle Garrett McIntyre racked up eight.

Last week, Fresno State pulled off two sacks, one by James Sanders and the other by Claude Sanders.

The team is also a pass picking threat. Last week, the Bulldogs picked off four Husky passes, returning two for touchdowns.

"They are a very aggressive defensive football team. They



Post/Skidmore

Wildcat Quarterback Dylan Meier (9) charges through Western Kentucky University defenders Sept. 4 as fullback Victor Mann (42) moves up to block Hilltopper Antonio Thomas (6).

have great pursuit and are a physical defensive football team.

"With all the returning guys that they have, they've got a ton of interceptions over the past couple of years. They are a complete package on defense," said K-State Head Coach Bill Snyder.

While the Wildcats' junior wide receivers Yamon Figsurs and Davin Dennis fared well in their first game as part of the K-State offense, Snyder said the position is still up for grabs.

"I think they have (separated) enough that they need to be with our No. 1s," Snyder said. "I think

it's still competitive, but I wouldn't say they have isolated themselves at any of those positions."

Figsurs, who led K-State in receiving against Western Kentucky with five catches for 84 yards, said the Cat receivers need to improve play to beat Fresno State's defensive backs.

"I think in the first game, we just didn't compete like we are suppose to. I think this week will be different. We were just a few plays away from having a great game, but we can correct that this week in practice," Figsurs said.

K-State



The Cats struggled in the red zone against Western Kentucky University last week, including a fumble inside the Hilltopper 20.

The Cats settled for field goals on long drives in the second and third quarters.

On defense, K-State kept WKU to 77 rushing yards and 259 total yards on offense.

K-State is 43-1 in home non-conference games since 1990 and is 11-14-1 overall against current Western Athletic Conference members.

Fresno State



Nineteen starters return to the Bulldogs from last season. Quarterback Paul Pinegar completed 13 of 21 passes for 125 yards with one touchdown and one interception against the Washington Huskies last week.

Fresno State is 1-9 against Big 12 teams, with its most recent match-up last year — a 52-28 loss to Oklahoma.

They are 8-6 in their last 14 games versus BCS teams.

No. 12 K-State vs. Fresno State

When: Sept. 11

Kickoff: 11 a.m.

Tickets: \$19. Call ITR at 239-5614

TV: Fox Sports Net national

Radio: Mid America Sports Network, 29 affiliate stations;

Junction City on 1420 AM, 102.5 FM; Manhattan on 1350 AM, 101.5 FM, 102.5 FM

Internet: www.k-statesports.com. Click the "Live" button at the top of the page and select "Live Football."

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Sports news in brief

Gymnastics, tumbling scheduled

Gymnastics classes will be held at the Teen Center, Building 5800, Tuesdays through Thursdays after school for children 3 to 15 years old.

Cost is \$30 per month for regular gymnastics classes and \$40 per month for the Exhibition Team. Prices will be discounted by \$5 for payments made in person at the central registration office by the first of the month.

Tuesday classes will be from 4:30 to 5:30 p.m. for children 5 to 7 years old, from 5:30 to 6:30 p.m. for children 7 to 9 years old and 6:30 to 7:30 p.m. for children 10 to 15 years old.

Wednesday classes will be from 4:30 to 5:30 p.m. for children 3 to 5 years old, from 5:30 to 6:30 p.m. for children 4 to 6 years old and from 6:30 to 7:30 p.m. for children 6-8 years old.

Thursday classes will be from 5 to 6 p.m. for children 3 to 5 years old and from 6 to 7:30 p.m. for the Exhibition Team.

Enrollment for gymnastics will be in the central enrollment office in Building 6620 from 1 to 5 p.m. through Sept. 3.

Children must be registered with Child and Youth Services and must have a sports physical less than one year old at the time of registration. A school health assessment which states "cleared for all instructional/SKIES activities" will be considered the same as a sports physical.

CYS registrations and re-registrations are by appointment only. CYS registration cost is \$18 per child or \$40 for a family.

For more information and appointments, call 239-4847 or 239-9478.

Fest features horse racing

Woodlands Fall Festival of Live Horse Racing will feature champion thoroughbred and quarter horse racing 11 a.m. to 4:30 p.m. Tuesdays through Saturdays now through Nov. 30.

The track is located at 9700 Leavenworth Road in Kansas City, Kan. For more information, (913) 299-9797 or (800) 695-7223 or visit www.woodlandskc.com on the Web.

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2004 Olympic wrap-up

Captain finishes 18th in women's pentathlon



ANS/Tim Hipps

Capt. Anita Allen of the U.S. Army World Class Athlete Program rides Dino to a first-place finish in the equestrian show jumping portion of the women's modern pentathlon.

By Tim Hipps
Army News Service

ATHENS, Greece — Capt. Anita Allen defied all odds by finishing 18th in women's modern pentathlon Aug. 27 in the 2004 Summer Olympic Games at Goudi Olympic Complex.

Allen, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., accomplished the feat despite undergoing left ankle surgery last November without having needed time to properly rehabilitate. She also missed nearly a year of healthy training for the Olympics before and after the operation.

The highlight of her five-sport performance was a flawless, first-place ride aboard Dino in the equestrian show-jumping event.

"My ride, gosh, I couldn't have asked for anything better," said Allen, 26, of Star City, Ind. "I did something well today, and just for a moment it felt really good."

Hungary's Zsuzsanna Vörös won the gold medal with 5,448 points. Latvia's Jelena Rublevska took the silver with 5,380 points. Great Britain's Georgina Harland

claimed the bronze with a 5,324 total.

Perhaps nobody had more reason to smile than Allen, who finished 18th with 4,996 points.

"How could I not be happy?" she asked. "I'm at the Olympics. This was the best opportunity in the world. The whole experience was very encouraging and positive."

"Everyone has been so friendly and so incredible - just the support I've gotten from friends and family and Soldiers. It's really made my day when I get e-mails from people I don't even know wishing me well, and people in the crowd saying, 'Captain Allen, great job. Go! Go! Go!' It's amazing how small the world can be."

Allen's feeling of accomplishment, however, was one long day in the making.

She opened with a 22nd-place finish in 10-meter air pistol shooting and followed with 12 victories and 19 defeats in epee one-touch fencing, good for 26th place in the 32-woman field.

"Believe it or not, that was OK for me," she said. "Take my years' experience times three and

you probably have the youngest one out there, so I was very happy with the fence."

Team USA's Mary Beth Iagorashvili, who finished 15th with 5,052 points, encouraged Allen throughout the fence, as did WCAP pentathlon teammate 1st Lt. Chad Senior, who competed the day before.

Allen's day worsened in the 200-meter freestyle, which she swam in 2 minutes, 31.16 seconds for a 29th-place finish.

On the 3,000-meter cross-country run, Allen, a former cross-country and track star for the U.S. Military Academy at West Point, N.Y., was disillusioned by passing only four women with a 10th-best time of 11:04.37.

"The No. 1 thing Allen said she would take from the Olympic experience is "that if I put my mind to something that I'm going to do it, I'm going to do it. And to believe in yourself - if you have that dream, to go for it, and hopefully people will believe in you."

Tim Hipps writes for the U.S. Army Community and Family Support Center.

Guardsman finishes 65th in men's marathon

By Tim Hipps
Army News Service

ATHENS, Greece — Oregon National Guard Capt. Dan Browne pushed himself to the limit Aug. 29 to finish 65th in the men's marathon in the 2004 Summer Olympic Games.

Browne, a former member of the U.S. Army World Class Athlete Program and graduate of the U.S. Military Academy at West Point, N.Y., was one of 81 runners to complete the challenging, 26.2-mile trek from Marathon to Panathinaiko Stadium, site of the first modern Olympic Games in 1896.

Twenty other runners succumbed to the 86-degree heat and 39 percent humidity and failed to finish.

Browne, 29, of Portland, Ore., entered the stadium running on

empty and could barely walk or talk after crossing the finish line with a time of 2 hours, 27 minutes and 17 seconds.

"I'm done to the end," he said. "That was all I had out there."

Italy's Stefano Baldini, 33, won the gold medal with a time of 2:10:55.

Silver medalist Mebrahtom Keflezighi, 29, of Mammoth Lakes, Calif., emigrated from the African nation of Eritrea at age 12 and became a U.S. citizen in 1998.

On this day, he became the first American to win a medal in the men's marathon since Frank Shorter won silver in 1976.

Three miles from the finish, Brazil's Vanderlei Lima, 34, was grabbed by a spectator wearing a red kilt, green beret and green knee-high socks, who pushed Lima into the crowd lining the street on the sidewalk. Lima man-

aged to stay on his feet but was passed a short time later by Baldini and Keflezighi and settled for the bronze medal in 2:12:11.

"If that spectator didn't jump in front of me in the middle of the race, who knows what might have happened?" Lima said. "Maybe I would have won. It disturbed me a lot."

Browne had no idea what drama was unfolding ahead. His splits were 16:05 for five kilometers and 48:20 for 15K, at which point he was running 41st. He went through the half-marathon mark in 1:08:08, 3:47 behind the leaders in 43rd place.

By the 35-kilometer mark, he had dropped to 58th place in 1:59:06, 18:37 behind the leader. He finished with an 8:48 pace,

16:22 behind two-time marathon world champion Baldini.

About 45 minutes after finishing, Browne tried to talk while walking with the assistance of a coach's supportive shoulder.

After boarding a media bus by mistake, the disoriented Browne was being held aloft by fellow athletes before climbing aboard his bus to the village.

"I'm sorry, I just can't talk right now," he said. "I wish I could."

He later regrouped and shared his thoughts.

"I'm pretty worked right now," said Browne, who has run only three marathons. "It was just really hard to finish this race. I had to dig in."

Browne is a student of the

physics of distance running. He lives with marathoners that benefit from a high-tech training project under the supervision of coach Alberto Salazar.

The five-bedroom house the athletes call home is at sea level, but it features molecular filters inside that remove oxygen, leaving the athletes with the sensation that they are living in the thin air of 12,000 feet.

Living at high altitude, which requires a person's body to adapt to less oxygen in the air, increases their oxygen-carrying efficiency and is believed to improve performance in endurance events.

"I was dehydrated pretty bad," said Browne, who was slowed more by the heat than the hilly terrain.

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Sports news in brief

Guardsmen can get free licenses

The Kansas Department of Wildlife and Parks will offer Kansas residents who also are members of the Kansas Army or Air National Guard free hunting and fishing licenses and free state park permits beginning Jan. 1, 2005.

The new program was created by the state legislature as a way to show the state's appreciation for its citizen Soldiers.

Application forms for the 2005 licenses will be available in November and can be downloaded from the KDWP Web site at www.kdwp.state.ks.us. The forms must be signed by the member's unit commander and mailed to KDWP with photocopies of appropriate documentation.

Lunch program at bowling alley

Custer Hill Lanes serves lunch Monday through Friday from 11 a.m. to 1 p.m.

Items such as hamburgers, pizza, nachos, salads and more are available from the bowling center's Strike Zone Snack Bar.

Diners using the snack bar for lunch can eat a fast, quality meal at a low cost right on Custer Hill without the road construction hassle.

After lunch, bowl a quick game for \$10 per lane (up to six people for two hours).

For more information, call 239-4366.

Extreme bowling at Custer Lanes

Extreme bowling — bowling under strobe lights — is offered at discounts for families and individual Soldiers using Custer Hill Lanes on post.

Families can bowl in the extreme conditions from 4 to 6 p.m. on Saturdays and from 5 to 7 p.m. on Sundays for \$10 per family per lane. They can rent bowling shoes for \$1 a pair.

Soldiers can bowl under the extreme conditions from 10 p.m. Fridays to 1 a.m. Saturdays and from 10 p.m. Saturdays to 1 a.m. Sundays for \$11 per person.

Families can skate together

The Riley Wheels Skating Rink offers family roller-skating on Sundays from 2 to 4 p.m. Cost is \$6 per family of six people. Each additional family member pays \$1.

The roller skating rink also hosts private functions, such as birthday parties, unit parties, youth and school group functions and Scout activities for a rental fee.

For more information, call 239-3764.

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Cowboys

continued from page 9

the Army's team, which formed this year.

The Army's partnership with the Professional Bull Riders and Professional Rodeo Cowboy's Association for 2004 with an option to renew in 2005, is designed to assist the Army in its recruiting, outreach and awareness-building efforts.

Both organizations have named the Army as their exclusive military partner.

As such, the Army is the official pre-event pageantry provider and will be authorized for recruiting booths at various PRCA and PBR events.

Riding bulls professionally for seven years, Nunemaker said he is proud to be a part of the Army team.

"I couldn't ask for a better sponsor, the unity, the family, it's like one big family, the support and it's an honor and a privilege to be a part of."

He said the visit to Walter Reed was difficult to put into words, but it gave him a deeper appreciation for all servicemembers.

"Some have given their lives and some have given their limbs. It's the ultimate sacrifice for sure."

Biker

continued from page 9

me ever since losing in the finals at Sonoma. More importantly, I'm ecstatic that he and the Army team won the race.

"That's what ultimately counts."

Schumacher, after qualifying third, took care of Rhonda Hartman-Smith in the first round of eliminations before being nipped in the second round by newcomer Morgan Lucas.

Lucas replaced the late Darrell Russell for the Joe Amato Racing Team.

"We had an ignition problem early in the run that cost us," Schumacher said. "I left on him but losing just that slightest bit of power was the difference."

Despite posting the earlier than desired exit in Memphis, Schumacher managed to gain 19 points on second-place Doug Kalitta in the Top Fuel standings, Kalitta was upset in the first round.

Schumacher heads next for the prestigious U.S. Nationals 141 points up on Kalitta and 177 points ahead of third-place Brandon Bernstein.

"I guess that's the upside to today," he added.

"Anytime you can gain points on your competitors, you have to take advantage. We did that and now we have to go to Indianapolis looking to pad our lead even more."

Troopers

continued from page 9

Troopers.

Ramos sprinted 24 yards off right tackle for a game-tying touchdown, knotting the game at 6-6 with 2:51 to play in the first quarter.

The Raiders' Ryan Patton had

given Wamego an early lead with a 32-yard touchdown run at 5:20 on the first drive of the season.

Wamego running back Marc Rolph and Patton scampers 53 and 50 yards, respectively, to lead the Raiders' ground game.

7th grade

Fort Riley	6	0	8	0	—	14
Wamego	6	0	0	6	—	12

First Quarter

WMS - Ryan Patton, 32-yard run (extra point run failed), 5:20

FRMS - Justin Ramos, 24-yard run (extra point run failed), 2:51

Third Quarter

FRMS - Shaquell Fraizer, 80-yard kickoff return (Ramos run for extra points), 7:42

Fourth Quarter

WMS - Nick Johnson, 112-yard run (extra point run failed), 3:42



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Post/Hardesty

Fort Riley eighth-grader Anthony Birchmeier (16) scrambles for 12 yards on a quarterback bootleg during the Troopers' season opener against Manhattan's Anthony Middle School Sept. 2 at the Fort Riley Middle School.

Tornadoes beat 8th-graders

By J.D. Hardesty

Staff writer

Manhattan Anthony's Tornadoes swept across Fort Riley Middle School's football field Sept. 2 with a tirade of touchdowns to rout the Troopers 56-8 in the eighth grade season opener.

Manhattan Anthony running back Eddie Hedke pounded the Trooper defense for 180 rushing yards and four touchdowns in the first half. Cody Conklin and Blair DeBord combined for three more TDs.

The Troopers' lone score came on a 1-yard quarterback sneak by Andy Birchmeier. Trooper Chris Toombs ran for 28 of his 53 yards

on the scoring drive.

"We showed some spurs of getting better," Trooper Coach Mark Ellner said of the humbling defeat. "We need to put this game behind us, learn from it and get better."

Led by Hedke, the Tornadoes built a 36-8 lead going into halftime.

"Our defense started playing better in the second half," Ellner said. "We slowed them down in the third quarter once we started getting everyone to play together."

Grant Hinkley scooted for 45 yards for the Tornadoes, followed by DeBord and Jarrod Slick, who ran for 44 and 40 yards, respec-

tively.

Fort Riley's offense was led by Toombs' 53 yards rushing, followed by Birchmeier and Calvin Boston with 34 and 26 yards each.

8th grade

Fort Riley	0	8	0	0	—	8
Wamego	22	14	6	14	—	56

First Quarter

MA - Eddie Hedke, 23-yard run (extra point run failed), 3:51

MA - Hedke, 25-yard run (Blair DeBord ran for extra points), 3:25

MA - DeBord, 20-yard run (Hedke ran for extra points), 1:38

Second Quarter

MA - Hedke, 36-yard run (Hedke ran for extra points), 7:26

FRMS - Andy Birchmeier, 1-yard run (Birchmeier ran for extra points), 3:52

MA - Hedke, 3-yard run (extra point run failed), 2:41

Third Quarter

MA - Cody Conklin, 7-yard run (extra point pass failed), 0:27

Fourth Quarter

MA - Conklin, 3-yard run (Conklin ran for extra points), 3:07

MA - Lucas Wagner, 37-yard run (extra point run failed), 0:46



Post/Hardesty

Eighth-grader Chris Toombs (right) tries to evade the tackle from Jason Slick.

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Yucca continued from page 9

would use the root for soap because of its ability to lather when wet, hence the name soapweed. This lather also was used in the treatment of head lice.

The flower stalks on the yucca plant are edible and are similar to asparagus.

Certain Native American tribes would use the fibrous leaves to make ropes, baskets and sandals.

The yucca plant is an interesting and beautiful plant to look at, but there is more to it.

The yucca plant participates in a process known in nature as mutualism. This is a relationship between two organisms in which both receive a particular benefit with little or no harm to the other organism.

The yucca plant has co-evolved with a moth simply named the yucca moth. In a natural environment, if either one of the organisms became extinct the other one would soon also become extinct. The relationship between this plant and insect is a relatively simple one.

The white adult moths spend most of their time inside the white flowers of the yucca. The male and female even mate inside of the flower.

After mating, the female goes to other flowers and gathers pollen and forms it into a ball. She takes the pollen to a new flower and deposits it on the surface of the stigma of the flower. She then lays two to six eggs in the area of the flower that develops into the



DES photo
Yucca plants can be found on the tall prairie ledges overlooking Huebner Road and the Kansas River.

seedpod.

As the seedpod begins to develop, the moth eggs hatch and turn into caterpillars, who will then start eating the seeds inside. Not only do the caterpillars have enough food, they are also safe from predators.

The female moth is careful to only lay a few eggs in a flower so the caterpillars will not consume all of the seeds. The caterpillars leave a lot of seeds to ensure the yucca can form new plants in the future.

When the caterpillars mature, they burrow their way out of the pod and fall to the ground. They will wait there until the next growing season, and then they will turn into moths and start the cycle over again.

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Travel & Fun in Kansas

Page 14

America's Warfighting Center

Friday, September 10, 2004

Leisuretime ideas

Holton:

French Market Arts and Craft Festival – Arts/crafts, food, games, entertainment, 5K run, 9 a.m. to 5 p.m. Sept. 17-18; Downtown Courtyard Square.
For more information, call (785) 364-3963.

Oskaloosa:

Collectors Showcase – Farm toy collectibles, local memorabilia, collectors welcome; 9 a.m. to 5 p.m. Sept. 18; Historic Old Jefferson Town.
For more information, call (785) 863-3072 or (800) 896-3198.

Shawnee:

Shawnee Historical Society Craft Fair – Browse among over 100 craft vendors; 9 a.m. to 6 p.m. Sept. 18; 11501 W. 57th St., Old Shawnee Town.
For more information, call (913) 248-2360 or visit www.cityofshawnee.org on the Web.

Ottawa:

Ol Marais River Run Car Show – One of the Midwest's largest outdoor car shows; 9 a.m. to 6 p.m. Sept. 18-19; Forest Park.
For more information, call (785) 242-5799 or visit www.visitottawakansas.com on the Web.

Manhattan:

Find Your Element - An Adventure Sports and Music Festival – The Manhattan Mid-west Mountain Bike Patrol's festival features local adventure sports and music with an emphasis on mountain biking and local trails; adventure sports demonstrations and activities on two of the days as well as live local music, vendors, and on Sunday a mountain bike race; the event includes activities geared towards all ages; 10 a.m. to midnight Sept. 17-19; E. Kansas Highway 16, Fancy Creek area of Tuttle Creek State Park.
For more information, call (785) 341-6046 or visit www.kansasmountainbiking.com on the Web.

Milford:

Car Show and Lip Sync Contest – Car show, crafts, food, lip sync contest, and more; 8 a.m. to 4 p.m. Sept. 18; Milford City Park.
For more information, call (785) 463-5407.

Abilene:

Mud Run – Big kids with big trucks playing in the mud; 1 p.m. Sept. 20; 900 NW Eighth St.
For more information, call (785) 263-7266.

Hays:

Midwest Deutsche Oktoberfest – Third annual; polka bands, German food, craft booths, dancing, kid's games, German storytelling, and singing; 9:30 a.m. to 11 p.m. Sept. 18 and 9:30 a.m. to 6 p.m. Sept. 19; Ellis County Fairgrounds.
For more information, call (785) 625-5394 or visit www.geocities.com/deutschefest on the Web.

Pittsburg:

Powrachine Extravaganza – Powered parachute fly-in, cross country, and instructional flights; 8 a.m. to 10 p.m. Sept. 16-19; 3150 Airport Drive, City of Pittsburg Airport.
For more information, call (620) 429-1397 or visit www.powrachine.com on the Web.

Fort Scott:

Antique Appraisal Fair – Come have your small antique items appraised and discover hidden values, during downtown festival; 9 a.m. to 4 p.m. Sept. 18; Scottish Rite Temple.
For more information, call (620) 223-1330.

Fall River:

Barbeque – 38th annual, crafts, rodeo, pony-pull, no-charge BBQ beef, kid's games, dance, and Miss Fall River contest; 7 a.m. to midnight Sept. 18; downtown.
For more information, call (620) 658-4615.

Hutchinson:

Kansas State Fair – Showcases Kansas agriculture, industry, and commerce; entertainment on three stages, national acts in the 10,000-seat grandstand; Sept. 10-19; 2000 N. Poplar.
For more information, call (620) 669-3600 or (800) 362-3247 or visit www.kansasstatefair.com on the Web.

Winfield:

Walnut Valley Festival and National Flatpicking Contest – 33rd annual; world-famous acoustic music festival; contests, concerts, workshops, arts and crafts, camping, children's events, food, and family fun; 9 a.m. to midnight Sept. 16-19; U.S. Highway 160, Cowley County Fairgrounds.
For more information, call (620) 221-3250 or (877) 729-7440 or visit www.wvfest.com on the Web.

Hillsboro:

Arts and Crafts Fair – Nationally recognized event featuring 400 exhibitors from 16 states; 9 a.m. to 5 p.m. Sept. 18; downtown.

For more information, call (620) 947-3506 or visit www.hillsboro-kansas.com on the Web.

Marion:

Art in the Park and Craft Show – 26th annual; nationwide artists, live entertainment, large food court, shuttle bus service and shady relaxed atmosphere; 9 a.m. to 5 p.m. Sept. 18; Central Park.
For more information, call (620) 382-3425.

Wichita:

Cowboy Campout – This night of adventurous cowboy fun is designed for ages 8-12, activities include campfire songs and tall tales, scavenger hunts for outlaw loot, wagon rides, sleeping out under the stars, and cowboy meals, children must be accompanied by an adult (no more than three children per adult); 5:30 p.m. Sept. 18 to 10 a.m. Sept. 19; 1871 Sim Park Drive, Old Cowtown Museum.
For more information, call (316) 264-6398 or visit www.old-cowtown.org on the Web.

Dodge Chargers – 6th annual, Dodge Chargers on display, everyone welcome to enter the open car show; 3 to 9 p.m. Sept. 18-19; downtown.
For more information, call (316) 321-3150.

El Dorado:

Motorfest – Celebrates the world of motorsports including races, car shows, kid's events, fireworks, charity events, and more; Sept. 22-25, 7700 N. Broadway, 81 Speedway, and citywide.
For more information, call (316) 755-1781.

Park City:

Motorfest – Celebrates the world of motorsports including races, car shows, kid's events, fireworks, charity events, and more; Sept. 22-25, 7700 N. Broadway, 81 Speedway, and citywide.
For more information, call (316) 755-1781.

Medieval party time

Renaissance festival offers taste of past

*By Deb Skidmore**Media Relations Officer*

In the blink of an eye, you can be transported to a 16th century village, known as Canterbury, when kings ruled the land, knights jostled for a maiden's honor and jesters performed in the streets. All this and more will come to life for visitors at the Kansas City Renaissance Festival for the next six weekends.

In its 28th year of offering an enchanting escape, the festival features more than 500 costumed characters who entertain guests within their 16-acre village setting. As you step into the village, the sights and sounds of current day events are erased.

Villagers throughout the festival strum dulcimers, mandolins and harps as music floats through the air and youth dance around a maypole.

The music mingles with the smells of food fit for a king – roasted turkey legs, stew in a bread bowl, Scotch eggs and chocolate covered cheesecake on a stick.

More than 160 shopkeepers fill the village with their wares and crafts for sale. The items include jewelry, pottery, leather goods, candles and furniture.

Additionally, 13 stages are strategically placed within the village offering comedy performances, fire eating and magic tricks.

A special area, the Children's Realm, caters to the smaller visitors to the village. Games, shows, crafts and human-powered rides add to the fun. And, the king makes an appearance at 4:30 p.m. each day in the Royal Glade to bestow knighthood on the future protectors of his kingdom.

Tickets prices at the gate are \$15.95 for adults, \$7.95 for children and \$14.50 for students and seniors. Tickets can be purchased in advance through the Information, Ticketing and Registration Office. Those tickets cost \$13 per adult and \$6.50 per child age 5 through 12.

*Post/Gary Skidmore*

A fire eater in this 16th century village of the Kansas City Renaissance Festival performs for modern-day visitors. The festival is right outside of Bonner Springs.

If you go:

The Kansas City Renaissance Festival is located in Bonner Springs.

From Fort Riley, go east on I-70 and take the Bonner Springs exit. Go north and follow the signs.

For more information, go to renfest@kcrcfest.com.

Gates at the village welcome guests each weekend at 9:45 a.m. with opening ceremonies and close at 7 p.m.

Specials available through Information, Ticketing and Registration

Kansas State Fair (Hutchinson) – Special military salute for the John Michael Montgomery and Tracy Lawrence concert at 7:30 p.m. Sept. 17. Discount tickets must be ordered through ITR through Aug. 27. Cost is \$22 per ticket (a savings of \$10) and includes an outside gate admission ticket to the fairgrounds.
Stop by ITR and pick up a brochure for the Kansas State Fair Sept. 10-19.

Operation Homecoming – Allows a returning servicemember and up to four of his or her direct family dependents a one-time entry to one of the Sea World, Busch Gardens or Sesame parks free through Veteran's Day 2004. Proof of deployment or overseas service is required with a valid Department of Defense ID and completed application form. Applications are available on line at www.buschgardens.com, park gates or ITR.

Military days at Silver Dollar City and Celebration City through Oct. 30 – Fabulous family festivals for every season of the year, shows like the wacky Silver Dollar saloon that make you laugh and sing, rides like the multi-loopin' Wildfire and so much more.
Purchase a two-day adult ticket through ITR and show your

military ID at the ticket booth and receive a free ticket for a child age 4-11.
Worlds of Fun – HalloWeekends will take frights to new heights Sept. 25 through Oct. 31, complete with zombies, vampires, witch doctors, a field of coffins and a foul witches brew. Full discount tickets are \$21 for adults and \$15 for children 4 feet tall or shorter. Children 2 and younger get in free.

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